

Judge RAMSEY'S
INSTRUMENT
To Cleanse the Stomack.

As also,
Divers new Experiments
Of the
V E R T U E
O F
Tobacco and Coffee;
How much they conduce to
preserve Humane Health.

Recommended to Publick View

By { Sir Henry Blount,
Mr. James Howell.

The third Edition, with new Additions.

Experto credo.

L O N D O N :

Printed for S. Speed, at the Rainbow in Fleetstreet,
near the Inner Temple-gate. 1664.

26





To the right honourable
HENRY, Lord Mar-
quess of Dorche-
ster, &c.



As *Apollo* among
the *Planets*, so,
I may say, your
Lorship is a-
mong *Peers*: In the vast
Firmament of *Learning*
you out-shine them all: and
understanding that, among
other scientificall Specula-
tions, your Lordship hath
been addicted to the study
of *Physick*, (wherein you

The Epistle Dedicatory.

have made such an admired progresse, that you have attained, not onely the Theory, but the *practice* thereof) I am bold to dedicate this small piece to your Lordship; wherein there are divers new *physical* experiments, for the universal health of mankind: Therefore I presume no discerning Reader will adjudge this addresse to be improper.

Moreover, there's another Reason that induced me hereunto, which was, That I knew your Lordship to have been pleased to

The Epistle Dedicatory.

to admit your self to
Gray's Inne, and make it
your *Musæum*, or place of
retirement, (which I hold
to be one of the greatest
honours that *Society* ever
received) and being a Mem-
ber thereof *my self*, I ad-
ventured to make this De-
dication; For which ne-
verthelesse I crave your
pardon, and rest,

My highly honoured Lord,

Your obedient, and most

humble Servant,

W^A. RUMSEY.


A 4

TO



TO
My Worshipful and much
Honoured Friend, Sir Henry
Blount Knight.

SIR,

 My miseries (in matter
of my health) made
me in my old age
(being now seventy
two yeers old) to re-
member what I learned in my youth
at School, in reading of Tullies
Offices, (that is) after taking no-
tice of my own body, to observe what
did do me good, or harm, before I
should use the help of Physicians:
this made me to collect what I have
written in this Book, for mine own
private use. Many of my friends
urged me to leave the same to be
printed for the benefit of others;
which

To Sir Henry Blount.

which I was loth to do, in respect
it is a Novelty, not prescribed by
others, until I understood by you,
that it was well accepted in foreign
parts by persons of great quality and
knowledge; which came by the same
Relations of yours unto them. I late-
ly understood that your discovery,
in your excellent Book of Travels,
hath brought the use of the Turks
Physick, of Cophie in great request
in England, whereof I have
made use, in another form than is
used by boiling of it in Turkie, and
being lesse loathsome and trouble-
some; wherefore I thought meet to
send this Book to you, and to refer
it to your judgement, whether it be
fit to be published in print. If you
let it to passe under your protection,
I little care what others speak of it,
and rest

Sir, your loving Friend
and Servant,

W. Rumsey.

The



*The Answer of Sir
Henry Blount Knight,
to the preceding Letter
of his worthy Friend,
Judge Rumsey.*

S I R,



Present you with many
thanks for your excel-
lent Physick Treatise,
and for your favour in
the direction of it to me; But for
your printing of it, all mankind is
to give you thanks. For certainly
all Ages and Nations have ever
held a grateful memory of the In-
ventors of any device or Engine,
to the publique advantage of hu-
mane life: For, as it is the good-
nesse

To Judge Rumley.

ness of God that gives us life; so, of all men, they are most subservient to that goodnesse, who help to make that life long and comfortable; amongst whom this your Whalebone Instrument will assuredly cause your name to stand. It hath already (though crept out by stealth) gained much credit abroad, in forraign Countreys; where I have known persons of eminent quality to hold it in great esteem. And besides the undenied reputation (where rightly used) it gains, in the experience & practice thereof, it cannot in a rational discourse, but have much pre eminence above the usual way of Physick. For doubtlesse mens diseases arise from the stomach; whose impurities obstruct the passages of life, poisoning and fermenting the whole moisture of mans body, till it becomes

To Judge Rumfey.

comes like a House, which having its Vaults and Sinks furred up and stoppt, soon growes so full of putrifaction and stink, as cannot be endured: In which case Physicians are like men who should advise to cast into such a House Myrrhe, Musk, Amber-greece, or other precious stufte, in hopes to amend the uncleannesse thereof: And to magnifie that course as rational, they make learned discourses of the Drugs and the severall degrees of heat or cold, with their specifick virtues, which countenanced under strange names and Authors, prevail to be made trial of. But at last, when the simple Master of the House (after much fruitlesse trouble and expence) finds no effect, but that the corruption and stench is grown more abominable: Then come you with this Engine,

To Judge Rumsey.

Engine, like some discreet Person, who with a Broom and a little water, without charge in half an hours time, makes a cleaner House, than the others, with all their parade, cost, and trouble could ever do: But as for the two remarkable Simples, which you most imploy, that is, Tobacco and Cophie, a man may guess at their rare efficacie, who observes how universally they take with mankind, and yet have not the advantage of any pleasing taste wherewith to tempt and debauch our palat, as Wine and other such pernicious things have; for at the first Tobacco is most horrid, and Cophie insipid, yet do they both so generally prevail, that Bread it self is not of so universal use. The Tartars and Arabs, two great Nations, have little or no use of Bread, yet they,
the

To Judge Rumsey.

the Turks, Persians, and most of the Eastern world, have hourly use of Tobacco and Cophie, but especially of Cophie: For, besides the innumerable store of Cophie houses, there is not a private fire without it all day long: They all acknowledge how it freeth them from crudities, caused by ill diet, or moist lodging; In-somuch as they, using Cophie morning and evening, have no Consumptions, which ever come of moisture; no Lethargies in aged people, or Rickets in Children; and but few qualms in women with childe; but especially they hold it of singular prevention against Stone and Gout. When a Turk is sick, he fasts and takes Cophie, and if that will not do, he makes his will, and thinks of no other Physick. And as for your way of taking both Cophie
and

To Judge Rumsey.

and Tobacco, the rarity of the invention consists in leaving the old way: For the water of the one, and the smoak of the other may be of inconvenience to many; but your way in both takes in the virtue of the Simples, without any additional mischief. And as for Tobacco, not in smoak, but swallowed down, there is not observed a more sure or sudden remedy for a Cough or the Stone, amongst all that men have found out. And whereas most medicinal Books are usually but bare transcriptions from former Writers, and so nothing but hear-say upon hear-say, with monstrous addition of untruth upon untruth, till upon trial not one receipt in an hundred makes good what it promiserth. Yours is all of your own constant experience on your self and others; which in
your

To Judge Rumsey.

your personal recovery , and
healthful old age , gives a fair
pledge to all who please to fol-
low so considerable an Example.
Thus, Sir, with my best thanks I
present you the love and service
of him, who is

Your affectionate Friend

and Servant,

Henry Blount.

To



To his Highly esteemed
Friend and Compatriot
Judge Rumsey, upon his Pro-
wang, or rare pectoral In-
strument, and his rare ex-
periments of Cophic
and Tobacco.

SIR,

Since I knew the World, I
have known divers
sorts of Instruments:
The first that I was acquainted
withall, was Aristotles Orga-
non, or Instrument at Oxford:
Another was the great happy In-
strument

To Judge *Rumsey*.

strument at Munster: The third was the Instrument which was made after the dissolution of the late long Parliament; That in Oxford was Instrumentum Logicæ, The Instrument of Logick; That in Munster was Instrumentum Pacis, The Instrument of Peace; The last was Instrumentum Politicum, The Instrument of Policy. Now your Instrument is most properly called The Instrument of Health, and may take place among the rest. Without controversie, it was an Invention very happily lighted upon, and obligeth all mankinde to give you thanks: For he who findes out any thing conducing to humane health,

To Judge Ramsey.

health, is the best Cosmopolite, the best among the Citizens of the World; health being the most precious Jewel of Nature, without which we cannot well discharge our duties to God or Man. But indeed there's no perfection of health in this life, where we converse with the Elements; the best is a valetudinary kinde of disposition; and this proceeds from the perpetual conflict of the humors within us for predomination; which were they equally ballanced, and in peace, Methuselah's yeers would be but a short life among us. Now this Combate, and malignity of the Humors, arises from the Stomach; which, like a boyling

domost B 2 pot

To Judge Rumssey.

pot on the fire, is still boyling
within us, and bath much froth;
whence, if the concoction be not
very good, there are ill-favoured
fumes, and fuliginous evapora-
tions that ascend into the head;
where being distill'd, they descend
in Catarrhes and Defluxions
sometimes upon the Optiques,
and that may be call'd the Gout
in the Eyes; if they fall upon the
Teeth, it may be call'd the Gout
in the Mouth; if into the Hands
'tis Chiragra; if in the Hip,
Sciatica; if in the Knees, Go-
nagra; if in the Feet, Poda-
gra. Now, Sir, Your Instru-
ment serves to take away the
grounds of these distempers, by
rummaging and scouring the
stomach,

To Judge Ramsey.

stomach, and make it expecto-
rate that froth, or phlegmy stuffe
which lodgeth there, and that in
a more gentle manner than any
Drugge. 'Tis true that Rhu-
barbe is good against Cholera,
Agarick against Phlegme, and
Hellebore against Melancholy,
but they use to stir the humours
so violently by their manseous-
nes, that their operation is a sick-
nasse of it self all the while.
Your Instrument causeth no such
thing, nor leaves any lurking
dreggs behinde, as Druggs use
to do.

Touching Coffee, I concurre
with them in opinion, who hold
it to be that black broth which
was us'd of old in Lacede-
mon,

To Judge Rumsfy.

mon, whereof the Poets sing,
Surely it must needs be salutife-
rous, because so many sagacions;
and the wittiest sort of Nations
use it so much; as they who have
conversed with Shashes and
Turbants doe well know. But
besides the exsiccant quality it
hath to dry up the crudities of
the stomach, as also to comfort
the Brain, to fortifie the sight
with its steem, & prevent Drop-
sies, Gouts, the Scurvie, together
with the spleen, and Hypocon-
driacal winds (all which it doth
without any violence or distemper
at all) I say, besides all these qua-
lities, 'tis found already, that this
Coffee drink hath caused a
greater sobriety among the Na-
tions:

To Judge Rumssey.

tions: For whereas formerly Apprentices & Clerks with others, used to take their mornings draught in Ale, Beer, or Wine, which by the dizziness they cause in the Brain, make many unfit for business, they use now to play the Good-fellows in this wakeful and civil drink: Therefore that worthy Gentleman, Mr. Mudiford, who introduced the practice hereof first to London, deserves much respect of the whole Nation.

Concerning Tobacco, which the Spaniards call la Yerva santa, the holy herb; in regard of the sundry vertues it hath: without doubt 'tis also a wholsom vegetal, if rightly applyed, and seasonably

To Judge Ramsey.

taken, it helps concoction, makes one void Rheume, break winde, and keeps the body open: A leaf or two steeped in white Wine, or Beer over night, is a Vomit that never fails; It is a good Companion to sedentary men, and Students, when they are stupified by long reading or writing, by dissipating those vapours which use to o're-cloud the Brain! The smoak of it is passing good against all contagious airs; In so much, that if one takes two or three puffs in the morning, before he goes abroad, there's no infectious air can fasten upon him; for it keeps out all other sentes, according to the Axiome, Intus existens prohibet alienum.

But

To Judge Ramsie

But, Sir, I finde that you have made other experiments of these two simples, which though not so gustfull, conduce much to humane health: And touching your Provang, or Whale-bone Instrument, let me tell you, that it hath purchased much repute abroad among Forreiners; In so much that some, in imitation of yours, have found a way to make such an Instrument of ductible Gold, and you know what a Cordial Gold is. I have been told of another kinde of new Instrument, that will conveniently reach from the mouth, to let in the smoak of Tobacco at the fundament, and it hath done much good. Certainly, there are
in

1. Judge Rumsey

in Natures Cabinet, many boxes yet undiscovered, there are divers Mysteries and Magnalia's yet unknown; there be sundry effects which she would produce, but she wants the hand of Art to co-operate, and help her, as it were by the hand of Mid-wifery: the World must needs confess that you have done her a great good Office herein.

So, with my heartly kinde respects unto you, wishing that some happy occasion were offered, whereby I might be Instrumental unto you, I rest,
Worthy Sir,

Your most affectionate

Friend and Compatriot,

JAMES HOWEL.

CHAP.



CHAP. II.

The miserable Case of Mankinde.

WE cannot live without daily food; And from that food there ariseth not onely our nourishment, but also several superfluous matters following, which are the principal Causes of all diseases, which cannot be absolutely helped, although much mitigated by any temperate diet.

I. In the stomach undigested meat, flegme, and evil humors, from whence proceed Choler and Melancholy, &c. and by consequence, the Stone, Gout, and many other infirmities.

II. Also in the stomach, Winde; from whence cometh the Wind-Cholick, and vapours, which disturb the Head, and breed Head-aches, &c.

IV. In the guts, stoppages of wind,
and

and of digested excrements ; which disturb the whole body.

V. In the Urinary passages, stoppages of wind, & all moist things, where-with we nourish nature; which breeds the Stone and Stranguries, &c.

VI. In the Veins and other parts of the body are corrupt humours, which Nature draweth with the quintessence of our food, for maintenance of the several parts of the body ; from whence cometh the Gout, and Infirmities in the Eyes, and other parts of the body ; which when strength of Nature cannot expel outwardly, then the same returns upon the inward noble parts, to destroy man.

VII. Excessivenesse of heat and cold in several parts of the body ; which breeds Agues and Feavers : so that a man cannot easily help the one, without offending the other.

VIII. When Nature, by reason of age, or some other accident, falleth to expel these evils, although Physick may do much to take away the enemies of Nature, yet the same also taketh away the vital spirits, to the destruction

struction of man ; so that means must
be found, otherwise to do the same.

That in the speaking of my opinion ^{Nota.}
to all these points; I follow the Method
of my profession in the Law, to open
and argue my conceit in every part of
the Case, and cite Experiences like
Judgements thereupon, and leave o-
thers to argue the contrary at their
pleasure, without any reply, and leave
the successe to justifie the truth of what
I publish.



CHAP.



CHAP. II.

Materials to be used as Remedies for several occasions following.



Whalebone Instrument,
which may be made
from two foot in length
or more, to a yard long,
after this form, to be
used for all ages, ac-
cording to the stature of their bodies.
It may be made after the form of a
long feather out of a Goose wing, with
a small Button of fine Linnen, or Silk,
to the bignesse of a Cherry-stone, fast-
ened at the one end, which goeth into
the body, and with a string fastened at
the other end, that a man may use it,
and draw it out at pleasure. These are
commonly sold in *London*, and especi-
ally

ally at the long shops in *Westminster-Hall*. If it be kept in water, it will be as gentle as may be desired. It must be stirred gently, and alwayes used after some meat and drink, as any man liketh best, and findeth occasion for a Vomit.

2. *Electuary of Cophy.*

TAke equal quantity of Butter and Sallet-oil, melt them well together, but not boyl them: then stir them well that they may incorporate together: then melt therewith three times as much Honey, and stir it well together: then add thereunto powder of Turkish Cophie, to make it a thick Electuary.

3. *Infusion of Tobacco.*

TAke a quarter of a pound of Tobacco, and a quart of Ale, White-wine, or Sider, and three or four spoonfuls of Honey, and two penny-worth of Mace, and two Rases of Ginger bruized; and infuse these by a soft fire, in a close

close earthen pot, to the consumption of almost the one half: then strain it, and keep it in a close bottle. If it be kept long, then once every week let it be warmed by the fire, to keep it from yinowing.

4. *Cordials.*

BAke a pot of Apples or Pears pared and cored, with household Bread: Then lay a thin laying of Honey in the bottom of an earthen pot: Lay thereupon a laying of the baked Apples, one inch thick: Lay thereupon a thin laying of the powder of Eriulacampane roots, and a little pounded Nutmeg, and Ginger: Lay thereupon several layings of Honey, baked Apples, and powders, as before, to fill the pot. Cover the same with paste, and bake the same with household Bread: Quinces, Oranges and Lemmon pills may be added thereunto to bake. When the same is so baked, if you mingle therewith Rosewater, and Sugar pounded, all together, it will be more pleasant.

5. *Ointment*

5. *Oyntments.*

INfuse in a close earthen pot by a soft fire, or boyl in a Scillet, a quarter of a pound of Tobacco in a pint of Sallet oyle or fresh Butter, without Salt, untill the Tobacco grow so brittle, that it may be bruised with the finger: Then strain it; then add thereunto pounded Nutmeg and Cloves, before it be fully infused to make it sweet: Then strain this, and keep it for your use. Note, That if it be afterwards melted with Burgundy-pitch or Frankincense, it may be made thicker at pleasure.

6. *Suppositers.*

TAKE equal quantity of Frankincense and Rosin; melt them well together; then add thereunto as much of the said Oyntment, as shall leave it to be of a sufficient consistence to be a Suppouser, which will quickly be seen by laying it in cold water, and making it into Rolls: If it be too soft, melt it again with more Frankincense and Ro-
C
lin,

fin, and so it may be made softer, with adding more of the said Oyntment. Rosin onely thus used will serve the turn.

7. Plaisters.

Melt the said Suppositors made of Rosin and Frankincense, with like equal quantities of Burgundy or Stone Pitch and Wax, which may then be cast into cold water: Then work them in your hands, and make them up into Rolls; and use it at your pleasure. You may make them softer or harder, as before.

8. Aliter.

Also the same may be melted again, whereunto may be added Verdigrease, to eat dead flesh: also White-lead, or Red-lead may be used to cool and heal, &c. which I leave to the Compounders of Plaisters; but I know by constant experience, That this Oyntment and Plaisters do admirable things upon all occasions, as well as any other

other Oyntments or Plasters, which are ordinarily sold in the shops.

9. *Sinapismus.*

THis Mustard-plaister is made after several forms, but for a plain way, Take equal quantity of sharp mustard, and black ordinary Sope, with store of fine pounded Pepper, to make it thick: If it be in Summer, you may add thereunto the pounded leaves of Spearwort, which grows in moorish grounds, and pound them all together, and apply it to the place grieved. The leaves of Spearwort pounded will work the like effect: Also you may take six Cantharides flies, and pound them very fine, and make them to a thick paste, with vinegar and Leven of bread; but never use any of these to above the breadth of six pence.

10. *Washbreu*

TAke Oatmeal grots whole, or after the fine Oatmeal sifted, lay the same in warm water which hath been well boyled, let it stay there for at least

twelve hours. Then bruize it & strain it thorow an hair-sieve into an earthen pot, let it remain there for at least six hours; then pour out there-hence the cleer water, and keep what is thick in the bottom for your use: then take of that bottom six spoonfuls at the least, and two spoonfuls of the sifted powder of Cophie, and about a pint of Ale, or any wine, raw or burned, with ginger and honey, or sugar, to please the taste: boyl the same well together, when it is hot, butter may be added thereunto, to melt therein; you may make it thick or thin, with adding more or lesse of that which was in the bottom of the vessel. This will countervail at least the boiling of Cophie in water without any bad taste; and any cordial powder or pleasant Spice, as Mace, or Nutmegs, &c. may be added thereunto. When this thick bottom is thus made, you may put it into a flannel bag, to let the water drop out of it: then put it into a platter to dry in the the oven after bread, and so keep it at pleasure like starch, and put drink to cover it in a vessel for about an hour, and

and then use it as before. Note this is commonly used by the common people in the mountains of Wales without strong drink, wine, or spice, which they make with what remaineth after the sifting of their Oatmeal, with which they make their common bread, and keepeth them healthful and lusty.

11. *Brine.*

TAKE the first Brine wherein Beefe was first salted, or the liquour of pickled Oysters, or both together; boyl it well, as long as there be any froth upon it; then boyl it again with good store of Tobacco, and keep it for your use in an earthen pot.

12. *Red-lead Plaisters.*

TAKE a pound at least of Mutton-Suet, lay it in an earthen pot with Well-water. and a stone upon it to keep it under water, for at least three dayes and nights; then two must dresse it for about an hours space, the one to take it by handfuls upon a wooden

close earthen pot, to the consumption of almost the one half: then strain it, and keep it in a close bottle. If it be kept long, then once every week let it be warmed by the fire, to keep it from yinowing.

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twelve hours. Then bruize it & strain it thorow an hair-sieve into an earthen pot, let it remain there for at least six hours ; then pour out there-hence the cleer water, and keep what is thick in the bottom for your use : then take of that bottom six spoonfuls at the least, and two spoonfuls of the sifted powder of Cophie, and about a pint of Ale, or any wine, raw or burned, with ginger and honey, or sugar, to please the taste : boyl the same well together, when it is hot, butter may be added thereunto, to melt therein ; you may make it thick or thin, with adding more or lesse of that which was in the bottom of the vessel. This will countervail at least the boiling of Cophie in water without any bad taste ; and any cordial powder or pleasant Spice, as Mace, or Nutmegs, &c. may be added thereunto. When this thick bottom is thus made, you may put it into a flannel bag, to let the water drop out of it : then put it into a platter to dry in the the oven after bread, and so keep it at pleasure like starch, and put drink to cover it in a vessel for about an hour, and

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table with the edge of a Beetle, and the other to squeeze out the water, and to make like dough : And so do it several times until it be like butter ; then cut it in small peeces, and beat it all together with good store of powder of Red-lead strewed amongst it : then make it altogether into a lump like a loaf ; for the applying of this Plaister, take linnen cloth of what bignesse you have to use it, lay it upon a boord, and then warm this lump at the fire, and rub it therewith as often as you will to make the plaister as thick as you will ; and so it may be renewed at pleasure. Also this plaister may afterwards be a little warmed, to be applyed as before ; and then also more powder of Red-lead may be laid upon this plaister to stick ; then to be used as hereafter shall be shewed.

Note, Although these things be made after a rude and plain manner, yet the same are cheap, and without offence to be used, which I leave to be made more curiously by the Apothecaries, who were not very ancient in *England*, for that

that in the 32 of King Edward the third
John Falconer of *Luca* (in *Italy*) was the
 first Apothecary in *England*, as appear-
 eth in my Lord *Cokes* 8 Report, in the
 Case of the City of *London*, fol. 126. b.
 And I think that by observing what is
 in this book, they may be brought to a
 fewer number, than they are now in
 every Town.

C 4


CHAP.





CHAP. III.

Point. *We cannot live without daily food, and from that food there ariseth not onely our nourishment, but also several superfluous matters following, which are the principal causes of all diseases; which cannot be absolutely helped, although much mitigated by any temperate diet.*

1.  *ow necessary our food is, everie man knoweth; How it is our portion, and Gods goodnesse in this life, see Ecclesiastes, cap. 2. and cap. 5. And how miserable a mans life is without a good stomach to his meat, see Ecclesiasticus, cap. 30.*

2. *That*

2. That from the superfluities of that meat, after the concoction of it in our stomachs, there remains certain superfluous matters, which are like barm upon drink, and froth upon the best boiled meat, is the general opinion of Physicians: And that the same are the principal causes of all diseases, which is plainly set forth by *Gratorolus* in his Chapter of Exercises.

3. That the increase of these Superfluities may be much mitigated by temperate Diet and Exercises, as the opinion of all honest and godly men, whereof a man may see good directions in *Ecclesiasticus*, cap. 31. But how impossible it is for a man by a strict diet, although he observes the rules of *Lesius*, to help this evil, a man may read at large in Doctor *Primrose* his book of vulgar errors in Physick, lib. 3. cap. 2. &c. And many learned Physicians do maintain, that there is lesse danger in a little over-liberal, than in an over-sparing diet; whereof see *Hippocrates Aphorisms*, lib. 1. Aphor. 5. &c. and *Rantovius*, and many others maintain the same, and *Lemnius de oculis* in many places

places maintaineth the same; insomuch that he spendeth a whole Chapter to maintain, that after a light Breakfast, a man shall be more able to eat a more liberal Dinner; and there is good reason for it; for that when Nature hath no food to feed upon, then it feedeth upon the corrupt humors, which breeds unrecoverable diseases, and a general decay of Nature, for want of sustenance.

I leave this to every mans age and experience; but I finde it expedient for all men, rather to eat often sparingly, than to eat much at usual meals, and especially at supper.

CHAP.



CHAP. IV.

In the stomach undigested meat, Flagma, and evil humours, from whence proceeds Choler and Melancholy, &c. and by consequence the Stone, and many other Infirmities.

1.



That after the disposition of the meat in the stomach, there remains part of the meat undigested, it is too well known to moderate Surfeits, and very often to foul and weak stomachs, and to old age; As for the time when the stomach hath disposed of what it can digest, that is after sleep; so *Henrius* upon *Hippocrates Aphorismes*; and then a man must look to it, to remedy himself, or suffer great evils.

2. That superfluous matters do arise

rise after the concoction and digestion of our meat, hath been shewed before, cap. 3. That those matters are at first Flegme, which being baked with the heat of the stomach, breed Choler, &c. and by consequence the Stone, is the general opinion of learned Physicians; And *Vanthelmont* (a rare late Writer) describeth the same in many places, and sheweth how the humours are not of such several natures, as they are ordinarily distinguished, but originally are Flegme, and then baked to higher degrees, and get other names, as Choler, &c.

3. The seat of these humors are in the stomach, but principally in the mouth of the stomach, which is the principal seat of life, which *Vanthelmont* describeth excellently; where he saith, That in the stomach, but especially in the mouth thereof, as in the verie center point and root, is evidently settled the beginning of life, of digestion of meat, and of the disposition thereof to maintain life, what then soever the Philosophers (or Physicians) did talk or think to be of great moment concerning the heart, whether

whether they will or no, they have made it common to the stomach.

4. Common experience shewes this to be true in verie many men, who can neither eat nor drink in the morning, but loath the same, and are troubled with waterish humors, but cannot get away the same with all their fasting and physick.

5. How to avoid these superfluous humours, is our great labour, for otherwise they are the occasions of diseases, as is said before; and besides that, while they are in the body, they make our bodies like unseasonable vessels, which do spoil the good meat which we do put in our stomachs for our nourishments, so that it cannot be well digested; which made *Hippocrates* to deliver the Aphorisms, *lib. 2. Aphor. 2. Corpora impura, &c.* That the more sustenance is taken into impure bodies, the more mischief happens unto them. How far then do they erre, who having foul bodies, do endeavour to help themselves with Caudles and Cordials before their bodies be cleansed, and made fit to receive the same.

6. Labour

6. Labour and Exercise have been accounted, and are the best ordinary means to wear out these corrupt humours, and to help digestion thereof, for which purpose *Rantzovius* cap. 9. and *Grator* in his Chapter of Exercise, have written much out of many Authours; yet for all that it must be with this Limitation (*Dum vires, &c.*) while youth and strength of body doth last, and before old age come, or the body groweth weak with infirmities; And let a man be never so lusty and strong, yet neverthelesse excessivenesse of humours in the body, do often kill the strongest and most laborious men, whereof we have daily many fearfull examples, which made *Rantzovius*, cap. 18. say well, That the retaining of corrupt meat in the stomach, is a strong destruction of the body; and cap. 50. saith, That the Plague it self cannot invade that man, who hath not corrupt humours. How far then do they erre, who think to wear out these humours, by fasting and exercise, when it may be quickly done otherwise, with so little labour and trouble as before, cap. 2. n. 1.

And

And hereafter, n. 8. &c. I leave it to every mans judgement, and leave careless men to perish in their own negligent wayes.

7. *Lemnius de occultis* hath written a whole Chapter of the rattle which men have in their throats before they die, and ascribes it to the contractions of the vital spirits, &c. and so it may be well enough: for that a mans breath is stopped by flegme and undigested humours, which come from the mouth of the stomach into the throat, as well as an halter doth stop it outwardly.

8. When all means are tried to a-^{Vomiting.} void both corrupt humours and corrupt meat in the stomach, vomiting of it up is accounted the best means by *Rantzenius* and *Heurinus*, and many learned Physicians commend it exceedingly, and say that the Egyptians & Chaldeans used it twice every moneth: And *Fernelius* saith, that it purgeth not onely the stomach, but also all the other parts of the body, to the very heart. And finally, That as all evil humours do come out of the stomach to disturb all parts of the body, by certain secret passages:

passages : So if the stomach be made clean by vomiting, the same corrupt humours return into the stomach again by the same passages, to be avoided by the ordinary passages of Nature, which otherwise cannot be purged downwards ; whereof a man may read it at large in *Rantzenius*, cap. 18. and *Fernelius* there, lib. 3. cap. 3. and *Pareus* his notable book of Chirurgery and Physick, and many others.

9. How dangerous it is to procure vomiting by the ordinary course of Physick, I leave it until you come to the eighth following point, cap. 10. But how to do it otherwise with little or no offence, or disturbance unto Nature, and without observing of any curious diet, or hindrance to a man in his Vocations or Journeys ; that is my principal labour, for which purpose I shall shew this easie and safe way following.

Remedy:
Instruction.

10. Whether it be in time of health, or sicknesse, whensoever you finde any evil disposition in the stomach, eat a convenient meal of what meat and drink you please, then walk a little while

while after it : Then sit down with your body bending, and thrust the said Whalebone Instrument into your stomach, stirring it very gently, which will make you vomit; then drink a good draught of drink, and so use the Instrument as oft as you please, but never do this upon any empty stomach.

11. To make the stomach more apt to vomit, and to prepare the humours thereunto before you eat and drink, Take the bigness of a Nutmeg or more of the said Electuary of Cophie, &c. into your mouth; then take drink to drive it down; then eat and drink, and walk, and use the Instrument as before. There may be more or less of the said Electuary taken at any time before meat, as a man finds it to be most agreeable to the constitution and strength of his body, without any curious observance of diet or air, or hindrance for a man to go or travel about his business.

12. Some may think it strange to procure Vomit with this Instrument, rather than by Physick; but look upon *Rantzenius*, cap. 18. and other books, and there you shall finde them, to direct,


rect, that if a Vomit will not work, you must help the same with putting a feather into the throat ; and many use a Rosemary branch : but these things do not go into the bottom of the stomach to stir up the humours (as the whale-bone Instrument doth) which I leave to every mans experience.

13. Many objections have been made against this course, which nevertheless I do not finde by experience, that the same are of any weight, to alter what is before directed.

14. As to that which Physick-books say, That vomiting more often than twice a moneth is dangerous, and may bring a man to an habit of vomiting, and so weaken the stomach whereunto I do agree, if it be done by Physick, whose operations are contrary to Nature, as *Fernelius* saith. But this way I prescribe is natural; which may appear in little Children who are at Nurse, and are never accounted healthy, but when they vomit often. Also the Dog is taught by Nature to vomit, and all manner of Hawks cast their castings every morning, otherwise they

are not in health. And the counsel in *Ecclesiasticus*, cap. 31. doth not extend onely unto superfluity of meat, but also to superfluity of humours: and divers old Commentators of that place affirm it, to extend as a counsel to help and strengthen weak stomachs.

15. Others say, What good doth the meat when it is vomited up again, and that whosoever do use it, have not the benefit of Nature downwards? Whereunto I say, by experience, that all the meat doth not come up, but part of it, which is in the upper regiment of the stomach, and doth carry with it the corrupt humours of the stomach, which doth swim upon the top of the meat, & Nature being eased of that burthen, doth work the residue of the meat more freely downwards, which may be found by experience; and also Nature draweth quickly the quintessence of the meat to the nourishment of the body, to avoid all corrupt humors, so that the body and mind shall be more strong and free for all occasions, and shall be with far lesse trouble, charge, and danger, than to do the same by Physick.

 16. In respect I have spoken so much of Vomiting, I will add the opinion of learned *Fernelius* there, where he saith, That if after a Vomit the pulse being full and strong, pleasant sleep cometh easie; and free beathing, a good appetite, and the rest of the body lighter; then the Vomit is commendable, otherwise not, and very hurtful: I leave the experience hereof to everie mans judgement who useth it.

17. That although by vomiting, as aforesaid, a man shall avoid much thick flegme, yet by the often using of the said Electuarie of Cophie, &c. Although a man shal by ordinarie coughing avoid great pieces of blue congealed flegme, which I could not see avoided by any other means. If a man will take a spoonful of the said infusion of Tobacco in his mornings draught of Ale or Beer, it will add much good for this purpose, without lothsomnesse, or trouble to the body.

18. Lastly, I have often found that if a man taketh from two spoonfuls to twelve, according as a man findeth by experience to be agreeable


to

to his age and constitution, of the said infusion of Tobacco, *cap. 2. n. 4.* and drink it in a cup with Ale or Beer, the same is very good vomit: And divers lately have made the like Infusion in Posset drink; but I finde no great difference in the operation thereof. Observe when it doth work, to drink good store of Posset, or other drink after it. And also it hath been lately found, that a Vomit so taken in drink, by those who have the Ague, when the fit be- ginneth to come, is absolute cure for the same; and also is of excellent use at the beginning of all sicknesse, and to make all other Physick, as well pur- gative, as Cordials and Comforters of Nature, to work better. Note that the taking of about a pint of the said wash- brew, *cap. 9. n. 10.* before this Vomit is a good preparative for it, and taken in lesser quantity after the Vomit, to com- fort the stomach. And if you use this, you need not much fear Consumptions, or any other disease. And this I be- lieve may make this as common to be sold, as the new Cophy-houses sell boiled Cophy.



CHAP. V.

³
Point. *In the stomach Wind, from whence cometh the Wind-collick and Vapours, which disturbs the head, and breed Head-aches, &c.*

1.  He principal cause of wind in the stomach is either undigested meat, or undigested humours. Clear the stomach with vomiting, as before, and then you shall be clear from wind.

2. When a man is troubled with wind in the stomach, let him put the Instrument into his stomach, as before, a man shall find great belching, and ease of the wind; and especially if a man take a little of the said Electuary of Cophie, as before, before you put in the Instrument, and then drink after it, as before, and then use the Instrument without

without stirring of it to procure vomiting.

3. Afterwards eat of the said Cordial made of Enulacampane, &c. *cap.* 2. . 4. which is a plain cheap Cordial, and is admirable good to comfort the stomach upon all occasions.

That any Cordial or powders may be added or mingled with the Electuary, with very good effect. Note.

4. Because men cannot ordinarily have the said composition, I thought fit to add one thing more, made with great ease, and of admirable use, as well for the wind, as also to dissolve tough flegme and humours in the stomach, as also to comfort the stomach, that is, Take Enulacampane Roots dried, pounded and sifted; mingle therewith as much sugar as shall please your taste, to take away the bitterness of the Roots: Then add thereunto a small quantity of pounded Nutmeg and Ginger: Mingle all these together with a sufficient quantity of Sallet-oyl, Honey, or other pleasant Syrop, to the thickness of an Electuary. Take into your mouth, from the bigness of a Nut-

meg to the bignesse of a Fig, every morning, or oftener at pleasure; then drink after it to wash it down, if you please; but if you will not drink, then this Cordial will lie in the upper part of the stomach, and much comfort the same; but herein I leave it to every mans observation and experience, to observe what doth best agree with his own body.

5. I have also found good use of taking a spoonful of powders of Nutmeg and Ginger, with a spoonful of hot waters for that purpose.

6. Also you may take about 3 cloves of Garlick unpeeled, but with a little of both ends cut off, and rowled in butter, or otherwise in your mouth with drink, and swallow it in the morning, it will send the winde down, and the better, if the said Washbrew, or any purgative medicine be taken after it.


7. The Garlick thus taken, and the Washbrew every morning fasting, will not offend the stomach, and will come whole through a man.

CHAP.



CHAP. VI.

*In the Guts stoppages of winde, and of
 digested excrements, which disturb ⁴ Point.
 the whole Body.*

1.  He stoppage of Ex-
 crements in the
 guts are the occasi-
 on of many evils.
Gratorolus, fol. 180.
 saith, *All Physici-*
ans do agree, that

*health is principally preserved with keeping
 the body conveniently loose: And let them
 all say what they will, unless the fore-
 door and the back-door of the body be
 kept open, as occasion serveth, the body
 will be quickly destroyed, with much
 reluctance and trouble. And how im-
 possible it is to purge downwards, what
 is not first digested in the stomach, all
 men know, and Authors agree.*

2. This maketh Physicians to be so
 ready

ready upon all occasions, and sicknesse, to give Pills, Potions, and Glisters, &c. which are made of many and costly compositions, and require much observances of diet, and air, &c. but in the end breed infinite inconveniencies, as may appear hereafter, *cap. 10.*

3. To spare all this cost and curiosity, whosoever will use the said Electuary of Cophy: And then a man may keep himself conveniently loose at his pleasure. But if a man be desirous for this Electuary to work stronger, then one may add thereunto a small quantity of *Sena Epithamum*, or Rubarb (which Physicians account to be safe Physick for old men, children, and women with child.) And then if a man take a pipe of Tobacco in the morning, he shall finde good use thereof. Also Aloes in powder may be taken with this Electuary, without such curiosity of Correctours as are usually prescribed, and with good effect. Also if a man will take tosts of Manchet-bread, and put it in the said infusion of Tobacco, *cap. 2. n. 3.* and bruized, and add thereunto three times as much of this
purgative

purgative Electuary; it will make it work better. But a man must observe the first motion of it, or else it will make work for the Landress.

4. In respect divers men are loth to take any Physick into their mouthes, and especially little children are not able, when they are sickly and very pale with worms, the said Suppositers, *cap. 2. n. 6.* being taken from the Roll, and warmed in a mans hand, or by the fire, and used to what bignesse a man pleaseth, but ordinarily to the bignesse of the fore joint of your little finger, and cast it into cold water to harden, and after anointed with the said oyl of Tobacco, and use it at your pleasure, with good success. Although it be not a quick worker, yet the same brings no danger of the Piles or Ulcers in the Fundament, by often using thereof, as other Snppositors do (but rather heal the same.) In making of these Suppositers, Turpentine and powder of Cummin-seed, may be added to very good purpose for the wind.

5. If the same be used to little children, it will much conduce for their health, Note

health, and to avoid worms, to have their bellies well anointed by the fire, with the said oyl of Tobacco, when they use these Suppositers.

6. If a man hath not a convenient loose stool, then let him put in another like Suppositer presently. This may be used every morning, or at any other time, as occasion serveth.

7. As the Suppositers commonly used do bring the danger of the Piles and Ulcers, so Glisters oftentimes prove very dangerous, by working upwards, the clean contrary way, which Doctor *Primrose* confesseth: And when a Glisters will not work then they must have the help of a Suppositer, as *Wecker* confesseth.

8. In respect I have spoken so much of the use of Tobacco, to work upwards and downwards, let a man read Doctor *Primrose*, in his book of *Vulgar Errors in Physick*, who maintaineth the same, and also where he maintaineth, That if a Physician prescribes a vomit or a purge, which works contrary effects, he ought to be blamed, by reason of some inward and unknown causes.

And

And for the admirable use of Tobacco taken inwardly, or used outwardly, a man may read many excellent things in *Weckers Antidotary*, in so much as he calleth it the *Panacea*, or general remedy for all diseases and griefs, besides the excessive taking of it in smoak, which I leave to the censure of *Democritus* junior: Besides that, it doth over heat the body, and bake the undigested humours in the mouth of the stomach, to the destruction of man.


9. He who will take the said Wash-brew every morning, and such as will take it at night, in stead of a supper, shall finde that this will keep him conveniently loose, that he need not make much use of purgative Physick. And if it be taken after the least purgative Physick, it will work the better without any griping or offence.

CHAP.



CHAP. VII.

⁵
Point. *In the uritory passages, stoppages of
wind, and all moist things, wherewith
we nourish Nature, which breeds the
Stone and the Strangury, &c.*

I.  S the Stone proceedeth
from the said corrupt
humours, so the vo-
miting thereof doth
much conduce to stay
the growing thereof. Also if you make
a toste of Manchet-bread, with Sallet-
oyle, and then toste it again with honey,
and eat it, and drink a good draught of
Beer or white wine after it. The con-
stant use hereof is very good to pre-
serve a man from the Stone, as I found
by many experiences.

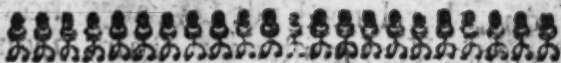
2. I have spoken so much before con-
cerning the means of vomiting and
purging, and how much the same do
conduce to preserve a man from the
Stone,

Stone, that I need not say any more thereof: Yet I must once again, upon certain evidence, say, That the often using of the said Electuary of Cophy, and Tosts, doth exceedingly conduce to the help and cure of the Stone; together with a temperate diet, but especially at Suppers.

3. I have heard lately from men of good credit, That there is an excellent remedy for the Stone in the Kidneys, by drinking of the liquor in the Tan-ners pits; and for the Stone in the Bladder, by using of the same liquor there with a Syringe: which I leave to further Experience; and will not trouble my self with it, while I may drink good Ale, &c. and help my self otherwise, as aforesaid.


4. Powder of Ivie leaves growing upon an Ash-tree, and of Burre Roots drunk with drinck, or white wine, is good for to send down the stone out of the kidneys.

CHAP.



CHAP. VIII.

6 *In the Veins, and other parts of the body,*
 Point. *are corrupt humours, which Nature draweth, with the quintessence of our food for maintenance of the several parts of the body; from whence cometh the Gout, and infirmities in the Eyes, and other parts of the body; which when strength of Nature cannot expell outwardly, then the same return upon the inward noble parts to destroy Man.*

1.  *That those humours come out of the stomach to the several parts of the body, and that those humours return to the stomach again, to be avoided by the ordinary passages of Nature, and especially by vomit, doth appear, by that which is before spoken.*

2. The

2. The Gout is the principal, and reputed unrecoverable Disease, which cometh from those humours, and runneth up and down into several parts of the body, to seek some vent to get out of the body: In which case, although I will not presume to say, that the Gout can be absolutely cured, yet I dare say, that it may be much eased so that a man may live long without much trouble of that disease.

3. Although vomiting is the principal means to avoid the matter of the Gout, as aforesaid; yet there be other outward means to draw the gouty humour which remaineth in the joynts; which may stand well with Hippocrates his Aphorism, where he saith, that *where Nature swelleth, and offereth to vent it self, there it is to be avoided in convenient places.*

4. Many be the ways & means which are prescribed in physick books: But that which after ma-

E

ny

ny experiences, I found best, is, to apply a Sinapismus, or Mustard-plaister, as before ; and that before and afterwards to apply one of the Dropaces, or pitch-plaister, as *cap.2. numb.7.* which the learned *Heurinus*, in his Method, doth commend exceedingly, and doth much condemn the neglect thereof ; which he thinketh to be for no other cause, but because it is cheap.

5. It must be applyed in convenient places, as I cited before out of *Hippocrates*. Which places I found to be most convenient, and with lesse offence (are these, that is) If the pain be in the Feet, between the great and little toes, where the toes do part : If in the Heel or Ankle, to the sinews of both sides of the Shin-bone, over against the lower part of the calf of the leg : If in the knee or leg, a little below the knee-pan, and, as before, by the calf of the leg : If in the fingers, upon the back of
the

the hand, between the fore-finger and little finger, where the fingers part : If in the wrist or arm, to the inner part of the wrist : If in the neck, &c. then to the nape, or hinder part of the neck. But the principal place, with least offence, is the said inner part of the leg, where Nature is most ready to divert the corrupt humours from other parts.

6. This Mustard-plaister is to be used in this manner : First, a convenient large plaister made of Frankincense, Pitch, &c. as before, is to be applyed to one of the said places, for at least six hours ; then make a lesser plaister of about an inch, and not above two inches in breadth, of the said Mustard-plaister ; and apply to one of the said places, as occasion shall require : let the same stay there for about eight hours, until the place blister and grow red : then take away the Mustard-plaister, and lay the other plaister there-
E 2 upon!

upon. If the place do blister, prick the same, to let out the water. Take this plaister from the place applied, once every twelve hours, or oftener: wipe the place affected, and plaister, and so continue the same until the place doth heal. Thus I have seen it often used, and never misse admirable effects; and without this course I have found all to be labour in vain.

7. Although men generally conceive the Gout to be onely a waterish humour; yet, by the use of the means aforesaid, I have drawn out of the Feet and Hands, humours of the thicknesse of white of Egges; and when it had stood a quarter of an hour, it grew to be a substance like Leather; so that I could scarce tear it with the strength of both my hands: which I verily beleeeve is the humour which congeals in the hands, and makes crooked and knotty hands.

8. Al-

9. Although this will draw the waterish and salt humours out of the joynts; yet there is an easie convenient way to draw it out of the stomach, to prevent it from coming to the joints, (that is) Take about the bignesse of a Nutmeg of the said Electuary of Cophy, as before, every morning when a man is rising out of his bed: Then take into your mouth about an inch in length of the stalk of a Tobacco leaf well dried, and a little Cinnamon, to take away the loathsome taste thereof; which will draw the Rheume out of the mouth; and as it doth moisten, bite it; and sometimes a little of the juice of it may be let into the stomach; and then drink some drink to drive it down: This a man may do while he is putting on of his clothes, and oftener, as a man findeth it to agree with his body: without offence. But Tobacco leaves, or the stalks thereof,

undried are loathsome and troublesome, howsoever the same are prescribed by *Wecker's Antidotaries*. I have known some, being troubled with the pox, have received great benefit, by often drawing of waterish humours with Tobacco, &c. as before: But I leave them to mother *Cornelius* tub.

9. I do know that there are infinite numbers of baths and poultices prescribed for the gout; but I have often found, that boyled Turnips made to a poultice, and the water wherein they were boyled for a bath, will serve as well as any others. Look more thereof, *chap. 11. numb. 20.* the end thereof.

10. Also I have found a very good poultice, by beating the white of Egges to a froth; and then to mingle therewith ordinary Soap, and apply it to the grieved place. But if any skin be broken, it will burn, unlesse one
of

of the Pitch-plaisters be laid on the place under the poultice.

11. If there be a burning heat, or itch, there where the humour was drawn out, as before; then take the white and yolk of an Egge, and as much Honey, and a little Oyl, beat them together, then mingle therewith Wheat-flour, to make it thick; apply a plaister thereof upon white leather to the place.

12. Also if there be any swelling or heat, after these plaisters, take green Hemlock and Vinegar pounded to green sauce, and binde it to the place, or lay the leaves of Burs under the said Pitch-plaister, to the place grieved.

13. He that will not use these Note, means to draw the humours out of the body, but repercussive means to drive the same back into his body, may shorten his days, and breed many diseases, as I have known it to happen often times.

14. Also the malignancie of these humours may be known by this; For by the said application for the Gout I have often seen, That besides abundance of waterish humours, and thick humours drawn out, as aforesaid, of severall parts of the body, but especially out of the Knees, which are as salt as Brine, there came out thence an excessive heat, with much smoak, as if it were out of a boyling pot.

If there be excessive heat in the Feet, put cold water in your shoes: If in the night, put your feet with stockings or socks in cold water, and so go to bed with warm clothes thereupon.

I advise such as have the Gout, to have a linnen-cloth which will go about all the small of the legs, dressed with the said red lead plaster, and binde it with a fillet, and so continue it, to keep the humour from falling down to
the

the Ancles or Feet, whereby (although the humour be drawn above it) a man shall not be much troubled from going or riding.

CHAP.



CHAP. IX.

Point. *Excessivenesse of heat and cold in several parts of the body, which breeds Agues and Feavers; So that a man cannot easily help the one, without offending of the other.*

THis is a strange thing, but commonly seen, as in Agues, when a man hath sometimes an hot fit, and sometimes a cold fit, with little intermission of times. And men commonly complain that they have a hot liver and a cold stomach Dr. *Primrose* hath handled this question among the vulgar Errours in Physick; and makes it plain, that although the liver be alwayes hot of it self, which overheateth

heateth the bottom of the stomach ; yet the stomach is cold by accident, by reason of the noisom humours, like barm or froth, which come into the uppermost part of the stomach, by evil digestion.

2. There be many Julips and curious medicines prescribed by Physicians, to remedy this evil ; and especially in burning Feavers : and these are of great use. But to spare much trouble herein : In hot diseases, and upon sursets, let a man drink oftentimes great store of cold water, and eat a convenient quantity of Broth, Bread, and Butter, and Cheese, and then vomit with the Whalebone Instrument, as before. A man shall thereby avoid the corrupt humours in the stomach ; and then a man shall quickly avoid these infirmities, and bring the body to a good temper ; after which a man may drink strong drink, and wine, &c. with little offence.

3. I

3. I have known so much good done to all men of all ages, who would first in the morning drink at least half a pint of cold water; whereunto Sugar may be added, together with the juice of Oreniges and Lemmons, to make it pleasant. That I must say, that I never found any thing of more use for the health of man; but I am afraid I labour in vain, in respect that most men do abhor it, as present poison (as Doctor *Primrose* saith,) yet he sheweth the excellencie thereof, by many experiences, and the authorities of many ancient and modern learned Authors. For all this I have found many Doctors of Physick (with whom I have conferred hereof) to speak much against it; whereat I do not much marvail; for that, if that be practised, which I have alledged in this Chapter, there will be little use to be made of their Physick, and of the shops of the Apothecaries.

4. I must add one thing more for the use of good fellows, who use much drinking, &c. Let them first drink cold water, as before, to cool their Liver, and bottom of their stomachs: Then the drinking of strong drink, &c. will comfort the upper part of their stomachs; and much hinder the vapours, which fume up to their heads, from the excessive heat of their stomachs; and their drinking of water after the taking of Tobacco is very good.

5. I have known divers men do swallow small white pibble stones, to cool the heat of their stomachs; which I conceive to be in imitation of long winged Hawks: I have used the same myself, and they do passe thorow a man downwards; but I found little benefit thereby.

6. I have known others that used to swallow small bullets of Lead; which giveth me occasion to report a strange history, which
I know

I know to be true. An old Souldier, and a Commander in Queen *Elizabeths* time, in the Low countries, was drinking of healths amongst his Companions, and at every health he did drink a Pistol bullet, to the number of eighteen; which continued in his belly for neer the space of two years, with much pain and grief: He acquainted a Physician with this case, who did hang the Souldier by the heels, by a beam in the chamber; and then all the bullets dropped out of his mouth again; but the same were somewhat worn in his belly. This Souldier is yet living, and in good health, and about fourscore and and ten years of age.

7. I have spoken so much of the cooling of the stomach, that it may be expected I should write somewhat of warming of cold stomachs: But I find every man so ready to take Tobacco, and to drink wines, and strong drinks;
that

that I need say no more thereof ;
But, as I have said before, so I say
still, Keep the stomach clean, with
the said Whalebone Instrument,
when you find any disturbance
or loathsomnesse therein ; And
keep the lower parts convenient-
ly loose, with the said Supposi-
ters : and draw out the humours
which trouble the outward parts,
with the said plaisters, &c. And
keep the body in a temperate
heat, as before ; and avoid intem-
perancie in diet ; then there will
be little use of physick.

8. Also the using of the said
Washbrew every morning, will
keep the body in a temperate
heat.

CHAP.



CHAP. X.

8. Point. *When Nature by reason of age, or some other accident, faileth to expel these evils; although Physick may do much to take away the enemies of Nature, yet the same also taketh away the vital spirits, to the destruction of man; so that means must be found otherwise to do the same.*



1. Know divers have carpt exceedingly against all Physicians, and their whole profession and medicines, whereof a man may read much in *Cornelius Agrippa, De vanitate Scientiarum*, and *Democritus Junior*, and many others cited by him, and the late book of Mr. Biggs, intituled, *The vanity of the Craft of Physick*. But I much honour and admire the skill

skill and knowledge of such of them as are honest and learned.

2. As for Emporiques, Mountebanks, Quacksalvers, and the like, every place is too full of them, which will cure all diseases with one Antidote. Doctor *Primrose* hath well discovered the Errours of the people concerning them. &c.

3. That the common course of purgative Physick is dangerous. by reason of the venomous qualities of the medicines, appeareth by that which is said before, and by the authority of *Fernelius* and *Rantzenius*, and all modest Physicians: And the often use thereof is very inconvenient, as those Authors, and Dr. *Primrose* ingenuously confesse: And that when ordinary physick faileth, the best way is to leave the Patient to God and Nature.

4. What infinite number of medicines, & what strange compositions are for every disease, & with what costly materials the

F same

same are made, every man may see in *Weckerus* his *Antidotarium Bafilense*, and divers others Dispensatories; besides a great deal of curious observations must be used at the taking thereof.


5. What diversities of opinions there are about the compounding and administering of these medicines, and the ordering of the Patient to use them, whether they be natural things, after the form of the Galenists, or Chymical, after the prescripts of the Paracelsians; or mixt, as Doctor *Primrose*, and the wiser sort conceived, there are as many controversies amongst them, as there were ever between the Pope and *Luther*, about matters of Religion. Then what shall the poor sick Patient do, especially if there be a Colledge of such Physicians called to consult about this desperate case, but stand quaking like a poor condemned prisoner at the bar, expecting to have his final judgement, to be sent to the place of execution.

CHAP.



CHAP. XL

Additions of several intervenient Remedies for most parts of the body.

1.  Or Scabs and Lice *Head,*
in the head, rub
the scabby place
with the said in-
fusion of To-
bacco made in

Brine, as before, *cap. 2. n. 11.*

2. For sore or decaying Eyes, *Eyes*
take fine Linnen-clothes, and
moisten them in the said infusion
of Tobacco, and binde them to
to your Eyes, as you are going to
bed, for the space of five or six
nights, one after the other. I have
known very many, who were al-
most blinde, cured in a short
space by this means; and never
any missed.

¶ 2

3. There

3. There happened a strange cure to a Servant of mine, who was stark blind for three quarters of a year, which I thought meet to discover. As he was led by his wife (a poor woman) wished her to breathe often in the morning fasting in both his eyes by turns, one after the other, which she did accordingly; this made him to have a great itch in his eyes, which made him rub his eyes often, and with his nails he drew some slime out of his eyes; so that at three dayes end he began to see, and shortly after he perfectly recovered his eye-sight. This was about twenty yeers past, and he is now perfectly well, and of 66 yeers of age.

Nose.

4. If a man will take a linnen rag, or brown paper, and moisten it in the said infusion of Tobacco, and put it in his nose, and draw his breath upwards, it will purge the head and eyes; and if there be any ulcers in the nose (as most men have, who are troubled with the

the Pox) it will much help them.

5. If a man doth bleed over much at the nose, let a man stand behinde the party troubled, and with both his thumbs presse hard both sides of the upper part of the back-bone upon the neck, it will presently stop the blood.

6. For deafnesse and noyse in the Ears, drop the said Oyl of Tobacco, *cap. 2. n. 7.* into the Ears often, but especially at your going to bed: stop them with a paste made of Figs and Mustard-seed pounded, and sifted, and mingled with the said Oyl, which being used without the Oyl will be troublesome; and be sure to keep your Ears very warm with a cap. Also take fasting spittle, and drop it into the Ears: but for those who take Tobacco, let them often whilest they take it, take brown paper, to the bignesse of six pence, and wet it in the mouth, and put it into the ear, shaking it often there with the fore-finger, which is of admirable use.

Teeth,

7. Although I do not know any present cure for the Tooth-ach; yet I say, that whosoever will use the stalks of Tobacco, as before, it will do him much good, and be a great occasion to fasten the Teeth: also if the said *Sinapismus*, and Pitch-plaster be applied behinde the lower part of the Ear, it will do much good. Also take a root of Salandine scraped and washed, hold the same to the sore tooth.

Head-ach.

8. The Head-ach commeth principally from the fumes of the stomach, whosoever will cleer the stomach, as before, but especially use to drink water in the mornings, and before meals, as before, it will be a principal means to keep a man from the Head-ach. I have found it of admirable use, to draw blisters under the hollow of the Ears, as c. 8. p. 6.

Throat.

9. He who will use to drink cold water as before, it will preserve him from the Toad-evil, and especially before drinking of
Wine,

wine, &c. And then wine and strong Drinks will be lesse offensive to a man.

10. I know some that have lain sick of the Small Pox, and their breath almost stopped; yet by the use of the Whalebone Instrument, as before the blisters of the Pox were broken in the Throat, and they vomited and were cured.

11. One was in a deep Consumption, and when all Physick failed, by using the Whalebone Instrument, as before, there was an Imposthume broken in the stomach, and the party perfectly cured, after many Physicians had given him over.

12. It often happens that men have great Itch in Bones close by the Throat, and in the upper part of the Back-bone by the Neck, and sometimes Lice come out of the same, if the said Pitch-plasters be applyed thereunto, it will draw much water there-hence, and cure the same. Also it will

do well to wet the same plaister with the said Brine, *cap. 5.* to cure all itches and scabs.

13. I have seen Wens in the throat, and the Kings-Evil often cured, with the application of the said Pitch-plaister, mingled with Verdigrease, without breaking the skin.

*Belly &
Guts,
&c.*

14. I have known many children very sick of the Worms, unto whom some of the infusion of Tobacco was given in drink, and their bellies were anoynted with the said Oyl of Tobacco, holding them to the fire, and then using the said Suppositers, whereby they avoyded great store of Worms, and were perfectly cured.

Winde

15. For the winde in the stomach, look before *cap. 5.* But for the winde in the guts, the said Suppositers mingled with powdered Cummin-seed, is an admirable remedy for it. And so is the taking of garlick, as before, *c. 5. n. 6*

*Knees &
Legs.*

16. It is a common evil to old age

age to have weak knees, especially when men do ride in cold weather: For remedy whereof let a man have a plaister made of the said Pitch-plaister, applied to cover the pans of both knees, and continued, which will do very much good.

17. It is a common evil to have Ulcers and Cankers in Legs, *Legs.* especially in old age, for remedy whereof, keep the stomach clean, as before, and the using of the Tobacco-stalks, as before, will do much good: But for outward applications, let Linnen-cloth be made wet in the said infusion of Tobacco, and apply it to the sore place: I have known some have the flesh consumed from the bones, and the bones scraped with a knife, and being very old, yet cured by this means, and the flesh restored again. Also the wetting of the said plaister with the said brine, & applied, will do much good.

18. For the Gout in the Feet, *Feet.* I refer it to what hath been spoken

ken before; But for a common pain which men have in the bottom of their Feet, whether they have the Gout or no, let a man lay to the sore place one of the said Pitch-plaisters; and then put in his shoes the warm water wherein powder Beef, or Cowheels were boyled, or Tobacco and Ale or Urine well boyled, and wherein store of Bay Salt is dissolved, and let him walk as well as he can, he shall find very much good; so that the shoes be big and and large: I have seen more by the using hereof; than by any Baths or Oyntments, or any other outward means, saving the drawing out of the humour, as aforesaid, *cap. 8.* Also for the pain in the legs or feet, take the said Red Lead plaister, *cap. 2. n. 12.* and keep it alwayes about the small of the legs, from the ancles to the calves of the legs, as before, and it is very good under sore feet.

19. Some may question, whether

ther the having of the Gout, be a great means to cure all diseases: I will not presume to decide the question, but say, that I have found much benefit thereby, with little trouble, and leave every man to his own sense; for whereas I had preserved my self from the gout, for above one yeer, partly by repercussive medicines in my shoes, and partly by attractive remedies in drawing the humours into my mouth, as before: In the end I had a great noyse and deafnesse in mine Ears, pains, and strange dreams in my sleep, much disturbance in my stomach, great heat and itching over all my body, &c. But when the Gout came again upon me, I was cleered from all these evils; so that I might say, (*Silentia cum-
Et tranquilla sunt omnia*) saving that when I had the Gout again, I did quickly and easily rid my self thereof, by drawing out the humours, as I have before declared, which makes me believe that
these

these humours were vented from all parts of the body, as men do usually drain quag&ires.

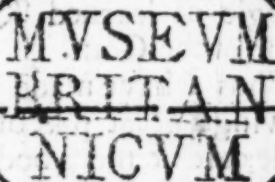
20. Lastly, seeing I have spoken so much of this disease of the Gout, to be a general cure, for all other diseases, I think meet to add somewhat concerning what diet a man should use, when he hath the Gout. Before a man hath the Gout, a temperate diet is best to preserve a man from it, but especially to avoyd the moderate use of strong sharp Drinks and Wines, hot Spices, salt Meats, Tobacco, &c. But when a man hath the Gout, and is desirous to be rid thereof quickly, a man may make a more liberal use of these things, which will urge Nature to make more speedy vent of the corrupt humours, from all parts of the body, into some outward part of the body, to be drawn out by outward applications, as aforesaid, this may seem to be a Paradox, but constant experience hath made me

to

to presume to write so much: and then whether it be better to endure a little pain and labour for a short time, which bringeth so much good to all the body, and as I conceive prolongeth health, or to leave the body to be continually troubled with languishing diseases, and to run up and down to the Bath, Physicians, and Apothecaries, to their great charge and expence, I leave it to every mans judgement; and for a mans better satisfaction herein, he may read the witty and eloquent Apologie of learned *Rilibaldus* in praise of the Gout.

Thus I have made an end, of *Conclu-*
 shewing a great part of the mis-*son.*
 erable case of mens bodies, which comes to them by unavoydable course of Nature, with shewing my well wishes to remedy the same, hoping that this may move some honest and learned Physicians to make more additions of more artificial medicines thereunto, for relieving of mens
 miseries

miseries in those cases: But I am afraid of another greater misery, spoken of by the learned Physician in his Preface, *Gratorolus*, wherein he doth much lament the miserable negligence of mankind, who never thinks of the preserving of health, until it be too late, after the losse thereof: And for my part, I shall end with that honest wish (*Optandum est ut sit mens sana in corpore sano*) that in every man there may be an honest and sound Soul in a sound Body: And so we shall make a good end.



BRITAN
NICVM

FINIS.

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